

Kale and Quinoa Salad

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Rated: ★★★★★

Submitted By: Kicius

Photo By: Christine M

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Ready In: 55 Minutes

Servings: 6

"Kale, quinoa, currants, pecans, and feta cheese are tossed in a basic vinaigrette in this salad recipe."

INGREDIENTS:

| | |
|---------------------------------------|---------------------------------------|
| 2 cups water | 1 large garlic clove, minced |
| 1 cup quinoa | 1 teaspoon fresh cracked black pepper |
| 10 leaves kale, cut into small pieces | 1/2 teaspoon ground sea salt |
| 3 tablespoons olive oil | 1 cup pecans |
| 2 tablespoons lemon juice | 1 cup currants |
| 1 teaspoon Dijon mustard | 3/4 cup crumbled feta cheese |

DIRECTIONS:

1. Bring water to a boil in a saucepan. Stir quinoa into the boiling water, reduce heat to medium-low, place cover on the saucepan, and cook until water absorbs into the quinoa, about 12 minutes. Remove saucepan from heat and let rest covered for 5 minutes. Remove cover and allow quinoa to cool completely.
2. Put kale in a large mixing bowl.
3. Whisk olive oil, lemon juice, Dijon mustard, garlic, pepper, and salt together in a bowl until oil emulsifies into the mixture; drizzle over kale. Add cooled quinoa, pecans, currants, and feta cheese to the dressed kale and toss to incorporate.

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Reviews (1905)

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— docswife

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